



University



Advice for university students

Prepared by: Ishtiaq Arhaim

Advice for university students

Prepared by: Ishtiaq Arhain

2024/4/13

1445

General student advice

Some general tips about studying and perseverance:

- 1. Set clear goals:** Set realistic and specific goals for what you want to achieve during the study period, whether short-term or long-term.
- 2. Time management:** Set specific times for study and rest, and be disciplined in adhering to them. Use time management techniques such as task scheduling and time chunking effectively.
- 3. Interaction with the material:** Stay engaged with the academic material through regular reading, studying, doing exercises, and participating in discussions if available.
- 4. Taking care of mental and physical health:** Make sure to sleep enough, exercise regularly, eat healthy food, and practice relaxation techniques such as meditation to maintain your mental and physical health.
- 5. Learn from past experiences:** Be prepared to make improvements to your study methods based on past experiences and mistakes you have made.
- 6. Take advantage of available resources:** Do not hesitate to ask for help from professors and colleagues and use available resources such as libraries and educational websites.
- 7. Maintaining balance:** Do not forget the importance of enjoying time with family and friends and practicing hobbies and activities that you love to maintain balance in your life.

The problems that university students face can be overcome with some strategies, such as:

1. **Study pressure:** organizing time, and relying on effective study techniques such as the Pomodoro technique.
2. **Financial problems:** Manage the budget carefully and look for part-time job opportunities or scholarships.
3. **Stress and work pressure:** Relying on relaxation techniques such as meditation and exercising regularly.
4. **Mental health:** Seek support from friends or benefit from psychological counseling services available at the university.
5. **Social relationships:** Join student activities or interactive groups to expand the circle of friendships.
6. **Problems in studying:** Seeking help from professors, resorting to external references, or joining study groups.

How does your interaction with your colleagues at the university reflect on their psychology: We see many university students who may underestimate their colleague at the university, for several reasons, including:

1_ He may see that he is lower than him in the standard of living (in short, the financial level). This is the biggest mistake that university students make, no matter how much he is. This is a human being with feelings and feelings, and this is not from the morals of the land of the prophets to criticize him. A person because of his financial or living standard.

2- Because of the difference in color, this is not true because God Almighty created everyone from clay.

3- Due to gender differences and the underestimation of the feminine gender (women), take it easy. We are now in a time when women have an independent position and entity, and women's achievements have become greater than those of men.

4- Because of the academic level, not everyone has the same academic conditions. Some face difficulties in their lives that may reflect negatively on their academic level or suffer from some health and other problems. All of these circumstances take away the student's time and make him distracted and unable to concentrate. Therefore, you, as his colleagues, must support him in such circumstances, and not the other way around.

All of these reasons why you deal badly or inappropriately with your male or female colleague may lead to a feeling of inferiority or that there is something defective in them, which may lead to them dropping out of school or making them withdraw into themselves because they feel lonely and separated.

Your dealings with colleagues at the university depend on your respect for them and their opinions. Be understanding, cooperative, listen well, and always be respectful and kind in dealing with everyone. All of this reflects your morals, your culture, and the environment in which you were raised.

Create collaboration with colleagues

It is important for colleagues at the university to have a love of cooperation and assistance by conducting educational or recreational activities among them.

1_ Holding educational competitions in the same specialty, and this increases the motivation to study for all students.

1_ Create study groups and study together. This is not a shame, provided that it is within academic ethics and the spirit of working as a team.

3_ Organizing cultural forums and asking cultural questions regarding innovations and development, which increases the student's culture in addition to the love of learning about cultures.

Currently, we see many students in universities belittling their colleagues by calling them with some terms or phrases, including:

1_ Only the page number remains, which is not preserved.

2_ Why do you sit in the first rows during the lecture? Do you want your behavior to attract the professor's attention so he can say that you are excellent or good at studying?

3_ Why are you asked during a lecture? Do you want to prove that you are good at studying?

All of the above: If the male or female student did it, this is not to attract the attention of the professor or doctor, but rather indicates their eagerness to learn and not waste time talking to their colleagues in the lecture.

The student's interaction with the professor or doctor

Whatever method the professor uses to explain the lectures is sure to benefit the student. Students must respect and appreciate the professor. The professors open the door to discussion for you. If you do not understand the explanation or the method of delivering the lecture, the student has the right to object so that the professor can see another way of explaining the explanation to be more accurate and clear for the students. In addition, when the lectures end, the professor will certainly ask if you understood the lecture or not. There is no shame in saying that you did not understand. This is your right to leave the classroom and you at least understood, but the lecturer does not hesitate to inquire and ask questions.

The student's behavior while the professor is explaining the subject reflects his morals and his way of dealing. Always pay attention to your actions and behavior, whether inside the classroom or on the university campus, because it is a place to seek knowledge.

Activities for male and female students

If you are a creative and innovative person, do not hesitate to present your activities or research at the university, because in all universities there is a student activities unit that sponsors such activities and provides them with support and advice, and in addition, it promotes the dissemination of such student activities inside and outside the country.

Tips for reading lectures and summarizing the study material

Studying is very important and adhering to the time of lectures. This is because every lecture or class provides you with information that, if you do not benefit from it during your studies, you will benefit from it in your daily life.

You must adhere to time and not waste it, because time is like a sword, if you do not cut it, it will cut you.

1_ You must copy the study materials at least one day before the lecture and review them in order to understand what the professor or doctor is explaining to you.

2_ Focus on everything that is said during the lecture. He or she must have a note book in order to write down everything that is explained in the lecture or write down the questions that are mentioned during the lecture.

3_ When any question comes to your mind regarding the subject, do not hesitate to ask it and do not be ashamed, no matter what the question is. This is your right to learn and know the answers to the questions that are on your mind.

How to summarize lectures

1_ View the lecture.

2_ Summarizing the lecture in the form of a question and answer. It is better to make the question a different color than the answer. Or by coloring the question with highlighter to attract attention during reading.

3_ Write words whose meanings you do not know on a special page and translate them or write them in a special notebook. This adds to your stock of words, makes it easier for you to memorize, and also improves your reading of the English language.

These steps include summarizing the material after the end of the school day. If you are not able to read it in the same day, it will be easier for you to read it on the weekends, and the lecture will not accumulate and leave you confused about how to read the lectures.

In addition to everything mentioned, you should read books or articles related to the special study topics in your specialty. This increases your knowledge and makes you understand the subject being taught to you

Contents

No table of contents entries found. 1

*Tips for reading lectures and summarizing the study
material.* 7.

